




2023 Trampoline & Tumbling Competition Handbook[©]

Version History

The Technical Committee reserves the right to make amendments to this Handbook.

Notification of a change to the handbook will be communicated through the [British Gymnastics website](#)  and an updated version will be made available to download at the time of change.

All versions will be listed on this page, with reference to amendments made;

Version 1.1: Original handbook published 05/12/2022

TECHNICAL COMMITTEE

Dear all

Further to our announcement of August 2022, the TC has been acutely mindful of the financial implications that the current cost of living, projected energy bills, and inflation will have in the coming months, and we are aware that frequent participation in competition can constitute a material financial burden on gymnasts and their families (including entry fees, transport, hotel costs, etc.).

As we are sure you will appreciate, the COVID-19 pandemic and the Whyte review has also resulted in financial pressures at British Gymnastics, and as a result, every department is being required to reassess spending and make savings where possible. In turn, all disciplines have been asked to look critically at which kinds of BG-run events, and how many, are offered in 2023. In light of the above considerations, the TC has taken the decision to not host any Spring Cup events in 2023.

The National Age Group Competition (NAGC) event will become an 'open' entry event for FIG level gymnasts, and guidance on the scores that gymnasts should be able to achieve to compete at this level are detailed in the Technical Regulations. Qualification to the British Championships will derive from this event and will be based on a minimum top 24 ranked gymnasts for each group, with the qualification criteria more clearly listed in the new Technical Regulations. We will also maintain the Inter-Regional Challenge Cup Final (IRCCF).

The final confirmed dates are:

NAGC – 2nd -4th June 2023, International Centre, Telford

IRCCF – 22nd – 24th September, Utilita Arena, Birmingham

British Championships – 15th -17th September, Utilita Arena, Birmingham

In order to support clubs, gymnasts and officials, we have made minimal changes to the Technical Regulations this year. Changes have been mainly focussed on clarifying all rules, qualification criteria and structures.

We hope this consistency and continuity will help all involved as we continue to rebuild as a community in the aftermath of the COVID-19 pandemic

Contents

Definition of Terms	4
Contact Information.....	5
Technical Committee.....	5
National Competition Organiser	5
Co-opted Members	5
British Gymnastics Contact Details.....	5
National Competition Calendar	6
Trampoline and Tumbling Technical Information.....	18
Code of Conduct	18
Regional Representation	18
Age Policy	18
Competition Apparatus.....	18
Competition cards	18
Inquiries.....	19
Provision of Officials.....	19
National Age Group Competition	21
Inter-Regional Challenge Cup Final.....	23
British Championships.....	26
Appendices	29
Appendix 1 – Home Nations, English Regions & Island Associations	29
Appendix 2- Coaching	30
Appendix 3 – Inter-Regional Challenge Cup Final Information.....	32

Definition of Terms

- **Assisting Coach(es)** are coaches who are permitted on the competition floor and/or warm up hall, but who work under the guidance and responsibility of the Supervising Coach. Assisting coach(es) must meet all of the relevant eligibility requirements.
- **BGF** means British Gymnastics Foundation.
- **British Gymnastics Nomination Panel** – Performance Team, Senior Performance Manager & Technical Committee Chair.
- **Championships** means any British Championship organised by or on behalf of British Gymnastics.
- **Chaperone** In exceptional circumstances, chaperones may be permitted to fulfil a pastoral care role. Chaperones under **no** circumstances shall be permitted to coach gymnasts.
- **Choreographers** will create and develop new routines.
- **CJP** – means Chair of Judging Panel.
- **Coach(es)** are those Coach(es), Lead, Supervised, Assisting Coaches submitted in the online entry process and who are responsible for the gymnast(s) for the entire event. This coach(es) must have the relevant qualifications and British Gymnastics membership as defined in the eligibility section of this handbook. Any changes to these coach(es) submitted on the online entry system must be notified to the Events Department prior to the event and in exceptional circumstances if changes are required during the event, these must be notified to the Organisers. Changes to these coach(es) will only be permitted where the replacement coach meets all of the relevant Eligibility requirements
- **Code** means the Code of Points used for the competition, from which technical information and regulations are taken.
- **CPSU** means Child Protection in Sport Unit.
- **DBS** means Disclosure and Barring Service, Access NI Eligibility or PVG.
- **DJ** means Difficulty Judge.
- **Event** means any national and international competition and championships organised by or on behalf of British Gymnastics.
- **FIG** means Federation International de Gymnastique.
- **GEL** means Gymnastics Enterprise Ltd, trading as British Gymnastics Official Shop.
- **IDP** means International Development Pathway.
- **Independent** means gymnasts who are not members of a British Gymnastics registered club but hold appropriate British Gymnastics membership.
- **Lead Coach** The coach taking overall responsibility for all the gymnasts from their club/region. The Lead Coach must be present in the competition arena throughout the event to take responsibility for their coaches and gymnasts. The Lead Coach must possess sufficient qualification to cover all the skills that any of their gymnasts will be performing within the competition.
- **NDP** means National Development Plan.
- **Officials** are people recruited to assist with the delivery of the overall event e.g. Floor Manager, Ceremonies Manager, Spectator Tickets Manager.
- **OOA** means Out of age
- **Organiser** means the designated National Competition Organiser (NCO) or their appointed representative, who is authorised by, or on behalf of British Gymnastics.
- **Supervised Coach** means a coach under the responsibility of the Lead Coach, as they are coaching skills to a maximum of 1 level higher than their current qualification, but are in the process of qualifying at the next level.
-  means it is a [hyperlink](#) to official policy statements and other event related information.

Where no specific point is addressed in the regulations, the current FIG rules apply. However, the Technical Committee and its appointed officials reserve the right to define any regulation conflict as is deemed appropriate to ensure a fair and equitable competition.

Contact Information

Technical Committee

Chair	Sharon Wood	sharon.wood@british-gymnastics.org
National Judging Co-Ordinator	Andrew Jones	Andrew.jones@british-gymnastics.org
TC Representative	Paddy Lavelle	

National Competition Organiser

National Competition Organiser	Andrew Aistrup	trampolining.competitions@british-gymnastics.org
--------------------------------	----------------	------------------------------------------------------------------------------------------------------------------------

Co-opted Members

Co-opted Members	Clive Morgan, World Class Liaison
	Dawn Lawson – DIS
	Tracy Wittaker-Smith, TRA - British Gymnastics Head National Coach
	Phil Dodson, DMT
	Glen Wharton, TUM
	Aaron Sheehan, TRA Coach Panel Chair

British Gymnastics Contact Details

Customer Support	0345 1297129	customersupport@british-gymnastics.org
------------------	--------------	----------------------------------------------------------------------------------------------------

National Competition Calendar

 Event & Date	Opening Date	Closing Date	Venue
 National Age Group Competition 2nd – 4 th June	10 th March	21 st April Noon	International Centre, Telford
 Inter-Regional Challenge Cup Final 22 nd – 24 th September	30 th June	11 th August Noon	Utilita Arena, Birmingham
 British Championships 15 th – 17 th September	23 rd June	4 th August Noon	Utilita Arena, Birmingham

The Regional Challenge Cup Series will be held by regions between January and July each year leading to the Inter-Regional Challenge Cup Final which will take place in September.

The results from the Regional Challenge Cup Series should be sent to emma.burton@british-gymnastics.org

Regions should select their teams as per the directives stated in the Competition Structures. 

Technical Requirements

Please refer to the relevant booklets for information on the technical requirements for Trampoline, Tumbling and Double Mini-Trampoline:

[Trampoline Domestic Technical Requirements](#) 

[Double Mini-Trampoline Domestic Technical Requirements](#) 

[Tumbling Domestic Technical Requirements](#) 

[Disability Trampoline Technical Requirements](#) 

[Disability Double Mini-Trampoline Technical Requirements](#) 

Eligibility

Membership

All persons attending British Gymnastics events in an official capacity, whether as a gymnast, coach or judge are required to hold a current British Gymnastics membership in line with the level of competition entered and awards held.

- **Gymnasts**


Membership level must be Competitive Gymnast, Coach or Life Member of British Gymnastics, in order to enter a British Gymnastics Event.

In normal circumstances, gymnasts should also be a member of a British Gymnastics registered club.

In exceptional cases, where a gymnast does not belong to a British Gymnastics registered Club, they must contact the Events Department and request entry into the Event. If granted, such gymnasts will be given the classification as being "Independent". In such circumstances independent gymnasts must nominate a coach and must also meet all other membership requirements.

For all Grades/NDP Events, gymnasts must hold current British Gymnastics Competitive Gymnast membership at the time of the Regional Qualification Events. Anyone discovered to have been without the correct level of membership for these qualification Events will be disqualified.

- **Lead Coaches**


Lead Coaches' membership level must be Coach or Life Member of British Gymnastics and coaches must be qualified to the level of all the skills being performed by all gymnasts in the club/region before being allowed to participate in a British Gymnastics Event. Lead Coaches must have current safeguarding and DBS certificates, please see Safeguarding section. The Lead Coach may authorise other coaches from their club/region to coach skills at a maximum of 1 level higher than that coaches' qualification (Supervised Coach) but has responsibility for ensuring that they are competent to do so. For further information on the changes introduced for Lead and Supervised Coaches, please click here 

- **Coaches**

Coaches' membership level must be Coach or Life Member of British Gymnastics and Coaches must be qualified to a minimum of level 2. Coaches must be qualified to the level of all the skills being performed by the gymnasts for which they are responsible. Coaches must have current safeguarding and DBS certificates. Please see Safeguarding section.

- **Supervised Coaches**

Please note that Supervised Coaches requirements have now reverted to pre-COVID levels.

To be a Supervised Coach you must be a minimum of Level 2. With the explicit authorisation of the Lead Coach, Supervised Coaches may coach skills at the maximum of 1 level higher than their current qualification. Before being allowed to participate in a British Gymnastics Event, the Supervised coaches must have completed the relevant course or module of the next coaching level covering those skills, although they may not yet be signed off as qualified. For further information on the changes introduced for Lead and Supervised coaches, please click here 

- **Assisting Coaches**

Assisting Coaches' Membership level must be Assistant Coach (if Level 1), Coach or Life Member of British Gymnastics before being allowed to participate in a British Gymnastics Event. Assisting coaches must have current safeguarding and DBS certificates, please see Safeguarding section. Assisting Coaches cannot be responsible for the gymnasts.

- **Choreographer**

Choreographers' Membership level must be Competitive Gymnast, Assistant Coach (if Level 1), Coach or Life Member of British Gymnastics before being allowed to participate in a British Gymnastics Event. Choreographers must have current safeguarding and DBS certificates. Please see Safeguarding section.

- **Disability Chaperone**

Disability Chaperones may be permitted to provide pastoral care to gymnasts in certain circumstances. Under no circumstances may a Disability Chaperone coach a gymnast. In the case where a gymnast has a disability, the nature of which indicates that it is deemed necessary to have additional support, they will be entitled to have a carer present with them throughout the competition. This Disability Chaperone will not be insured by British Gymnastics to take part in any type of recognised gymnastic activity. The Disability Chaperone will be required to sign a code of conduct to ensure they understand the role they are fulfilling within the event environment. The Disability Chaperone will be required to be dressed appropriately (please refer to the relevant section of the discipline specific code of points) if entering the warm-up hall or field of play.

- **Medical Chaperone**

In exceptional cases, upon written request, a Medical Chaperone may be approved to provide pastoral care to a gymnast with a medical condition. Written medical verification of the need for this carer (from a GP or other medical practitioner) will be required to be submitted to the Events Department at least 1 week prior to the start of the Event. The Medical Chaperone will not be insured by British Gymnastics to take part in any type of recognised gymnastic activity. The Medical Chaperone will be required to sign a code of conduct to ensure they understand the role they are fulfilling within the event environment. The Medical Chaperone will be required to be dressed appropriately (please refer to the relevant section of the discipline code of points) if entering the warm-up hall or field of play.

- **Supervising Chaperone**

The TC may authorise Supervising Chaperones to assist with pastoral care for gymnasts. These entitlements, if applicable, will be defined in the specific competition pages. In these circumstances the Supervising Chaperones must either be qualified as a Level 1 Assistant Coach or be a club/regional Welfare Officer and hold the relevant membership and qualifications, DBS & SPC for their position(s). Supervising Chaperones will not be permitted to enter the field of play.

- **Judges**

Judges' membership level must be Judge or Life Member of British Gymnastics for Club/County/Regional Judges, and National/Brevet Judge or Life Member of British Gymnastics for National and Brevet Judges before being allowed to officiate at a British Gymnastics Event. Members with coaching memberships that also have the required judge qualifications as laid out above are also applicable. 

From time-to-time British Gymnastics may invite international judges to officiate at British Gymnastics events, as such they will not require British Gymnastics membership.

Judges must also hold a current cycle of judging award (Cycle 15)

British Gymnastics does not require judges to complete a criminal record check to judge at British Gymnastics competitions, as the role that judges fulfil at the event no longer falls within DBS or Access NI Eligibility*. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a criminal record check by virtue of another role they undertake e.g. coach). As not all judges use their qualification in the same way, it is the club's responsibility to assess the role the judge is undertaking and determine whether the activities involved fall within the eligibility criteria for a criminal record check. British Gymnastics no longer requires all judges to complete safeguarding training, but clubs should ensure any judge who supervise or instruct children has completed appropriate training.

* Judges who hold Scottish Gymnastics membership should refer to [Scottish Gymnastics](#)  for further guidance as to whether a check is required.

For further information on membership levels please visit the British Gymnastics website. 

Coach Qualifications

When submitting entries for a British Gymnastics Event, clubs/regions must ensure that all coaches are qualified at the appropriate level.

Where Supervised Coaches are coaching skills one level above their current qualification, they must have been working in the training environment on these skills under the direct supervision of a coach who is qualified at the correct level. All coaches should continue to conduct risk assessments prior to undertaking any skill and assess the appropriate level of skill and support needs of both the gymnast and the coach on the floor at the event.

All Coaches must have completed the [British Gymnastics Positive Coaching module](#) 

All Coaches entered into the event entry MUST be the same as those attending the event. It is unacceptable to enter a coach you know will not be attending. The Lead Coach has the ultimate responsibility for all the participants from their club/region and that of the Supervising Coaches, Assistant Coaches, Chaperones & Choreographers.

It is the club/region's responsibility to ensure that only accredited coaches are on the Field of Play and warm up areas.

Coaches who are used to push mats must be at least a level 2.

Lead Coaches have a duty of care towards their performers and have responsibility to ensure that all of the coaches under their supervision are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically and psychologically, for performing their routines in a competition situation.

Additional Assisting Coaches (Level 1 and above) may be accredited, at the discretion of the Organiser, to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting coaches may not coach the gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.

Additional Medical and Supervising Chaperones may be accredited, at the discretion of the Organiser, to be present in the warm up hall and where applicable the Field of Play, to assist with the pastoral care of the gymnasts. Chaperones may not coach the gymnasts.

If it is found that a club is in breach of these policies British Gymnastics reserves the right to reject an entry on the grounds of gymnast safety or, if discovered post performance, to disqualify the competitor and remove their score(s) from the official results.

Safeguarding

All Coaches, Lead Coaches, Supervised Coaches and Assisting Coaches are required to hold a valid DBS certificate, or Home Nation equivalent, and have current Safeguarding and Protecting Children Awareness training at the time of the event.

Coaches who do not fulfil this requirement will not be accredited or allowed to participate at British Gymnastics Events.

All gymnasts must have an accredited coach, present on the field of play and in the warmup hall at all times. If a gymnast attends a competition without a suitably qualified coach or supervised coach, they will not be allowed to compete.

More information about our safeguarding requirements and the training/certificates that we accept, can be found on our website via the [Safeguarding and Safe Sport page](#) under 'Safeguarding', and by scrolling down to 'Training'.

Coaches must also have a valid home country criminal record check both at the time of entry and through to the end of the event before being allowed to participate at a British Gymnastics Event.

Nationality

Participation in all British Gymnastics Events is subject to the requirements of membership, club/regional registration and other conditions of entry.

In addition, the following regulations concerning Nationality are applicable to British Gymnastics Events.

British Championships

Only those in possession of a valid United Kingdom passport (and do not hold a FIG licence for another member federation) are eligible to be ranked in the official competition results, where a British Championships title is being contested. This is effective for individual competitions. In team competitions or where gymnasts compete together as part of a group/partnership, all of the gymnasts must be in possession of a valid United Kingdom passport in order for that team/group/partnership to be ranked in the official competition results.

At the discretion of the British Gymnastics Technical Committee and with agreement from the British Gymnastics Performance Director (or their appointee), those who are not in possession of a valid United Kingdom passport may take part in competitions where a British Championships title is being contested. Participation is also subject to approval from their own FIG Member Federation in accordance with FIG statutes. They will receive score(s) but will not receive a ranking in the official competition results. In such circumstances gymnasts will be referred to as Guests.

Gymnasts holding dual citizenship (including a valid United Kingdom passport) are only eligible to receive a ranking in the official results (either as an individual or as part of a team/group/partnership) if they do not hold a FIG Licence registered by another FIG Member Federation or have not represented another FIG Member Federation.

Gymnasts who are not in possession of a valid United Kingdom passport and who are not members of British Gymnastics may be invited by the British Gymnastics Technical Committee or Performance Director to take part in the British Championships. They will receive score(s) but will not receive a ranking in the official competition results.

Other British Gymnastics Events

At the discretion of the British Gymnastics Technical Committee and with agreement from the British Gymnastics Performance Director (or their appointee), non-British citizens may take part in other British Gymnastics' Competitions. Participation is also subject to approval from their own FIG Member Federation in accordance with FIG Statutes

Those gymnasts who are not in possession of a valid United Kingdom passport must have been a member of British Gymnastics for at least one year prior to the date of the competition in order to be eligible to take part. During this period the gymnast's sole or main residence must be within the United Kingdom.

They will receive score(s) and will receive a ranking in the official Competition results. This is effective for both individual competitions and competitions where gymnasts compete together as part of a team/group or partnership.

Where a Competition provides a qualification route to take part in a British Championships, the results of a non-British citizen will not lead to the displacement of a British citizen who would have otherwise qualified for the British Championships.

In exceptional circumstances, gymnasts who are not in possession of a valid United Kingdom passport and who are not members of British Gymnastics may be invited by the British Gymnastics Technical Committee or Performance Director to take part in British Gymnastics Events. The Technical Committee with approval from the Performance Director will have the discretion to determine whether their scores will contribute towards the official Competition results.

Disclosure

It is the responsibility of the person making the event entry to ensure that all of the gymnasts have declared their nationality by contacting the events team at point of entry.


Policy for the Participation of Trans People in Gymnastics Competition

For information on Transgender, please refer to the Policy for The Participation of Trans People in Gymnastics Competition 

Competition Entries

Entry Process

Entry to all National British Gymnastics Events are Online only.

Complete instructions for adding an entry via the GymNET online Entry Portal are available to download from the British Gymnastics website 

All entries must be fully submitted electronically to British Gymnastics by the stipulated closing date and time.

Prior to the event, an entry may only be amended by the person making the original entry.

Guests

If a gymnast wishes to compete as a guest (see Nationality section above for details of guest gymnasts) at a British Gymnastics event the club/coach should contact the events department in the first instance before the closing date. Guest gymnasts will be placed on a waiting list. Following the competition closing date, a decision will be made between the Technical Committee, the Events Department, and the Performance Department as to whether the entry can be accepted. If the entry is accepted the entry fee will then become payable and entered into the club basket.

Disability Gymnastics

British Gymnastics is focused on ensuring fair and equal opportunities are provided to all gymnasts.

Disabled gymnasts may compete in both mainstream and dedicated disability British Gymnastics competitions, providing they meet the eligibility criteria for the competition. Disabled gymnasts may switch between mainstream and disability competitions within the same or different disciplines. Only those disabled gymnasts who meet the eligibility criteria may compete in disability competitions.

All gymnasts competing within a mainstream competition will be judged by the same rules and criteria regardless of ability and/or disability.

Where an event includes both mainstream and disability competitions, disabled gymnasts may enter both competitions providing there are no scheduling conflicts. If there are scheduling conflicts the gymnast must choose which competition, they wish to enter.

As part of the development of Disability Gymnastics, British Gymnastics has produced its own sport specific Disability Gymnastics Classification Certificate. The classification certificate is contained in a pack which also clearly defines the eligible impairments for Disability Gymnastics Competition. All disabled gymnasts should complete a classification certificate as good practice when competing at regional level or above. A classification certificate is compulsory for gymnasts competing at a British Gymnastics National Event.

Disabled gymnasts will be required to provide proof of Disability at least six weeks before the event. Please note that unless there are any significant changes, a Disability Classification Certificate only needs to be completed once in most cases. Please complete and return the Disability Gymnastics Classification Certificate by following the instructions in the [Disability Classification Pack](#)



Although there are 44 different eligible classifications (Profile groups) in the Classification Pack, this does not mean that there are 44 different competition categories for Disability Gymnastics competition.

The Disability competition classification categories available can be found within the information pages for each competition which has integrated disability.

All clubs and coaches must inform the British Gymnastics Events Team of any gymnasts who have medical conditions or impairments that require special consideration at British Gymnastics events. This information should be shared with the British Gymnastics Events Team at the point of competition entry and will enable the British Gymnastics Events Team to endeavour to make any reasonable adjustments in line with the Equality Act and where possible to cater for the additional needs of each gymnast.

Methods of Payment

Payment can be made by Debit Card, Credit Card or BACs payment. BACS payment however may slow the entry process. Payments should be received by British Gymnastics within 48 hours of the entry being submitted.

Cheques are no longer accepted, therefore clubs and regions must arrange alternative payment methods.

Entry fees are non-refundable after the closing date.

British Gymnastics Foundation Hardship Grants

Our Charity, the British Gymnastics Foundation, runs a Hardship Grants programme which provides grants of up to £500 for individual members of British Gymnastics, who are experiencing significant financial hardship. If you are unable to afford the costs of participating in gymnastics, and are in danger of dropping out of gymnastics because of this, then please do apply for a hardship grant [here](#). The cost of competitions is an eligible item of expenditure within the Hardship Grants criteria. Please note that the Hardship Grants programme is not continually open for applications, but details on grant round timings can be found on the Hardship Grants application page in the link above.

Late Entries

Late entries will only be considered in exceptional circumstances and only up to 7 days after the closing date.

In the unlikely event of a late entry being accepted, payment of three times the normal entry fee stated for the competition will be required for individuals (including partnerships and groups). For team late entries the fee will be double (including clubs and regions). However, the late entry payments will be capped at £1000 (i.e. the additional payment over and above the normal entry fee per gymnast / partnership / group / team will be capped at £1000).

Late entries must be made in writing to the British Gymnastics Events department and will then be referred to the Organiser for consideration. The Organiser and British Gymnastics Events department will have absolute discretion whether to accept a late entry.

Late entry requests may be placed on a reserve list and clubs notified if their entry is accepted following a withdrawal, up to 1 week prior to the event.

Withdrawals and Substitutions

Amendments to an entry before the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded. Entry fees are non-refundable after the closing date.

For NDP Individual & Regional Team Finals, if a Region wishes to make a substitution (due to the withdrawal of a previous regional entry) of a gymnast, they can only do so up to one week before the event, in writing to the British Gymnastics event department after the entry is closed. Proof of qualification of the substitute must also be provided if applicable, at the time of the request. Substitutions will not incur a fee however there is no guarantee that the substituted names will be included in the spectator programme or other event related items.

Where it is necessary to substitute a Coach the club must inform the British Gymnastics Events Department, so the Coach can be checked for membership, awards and safeguarding, before they can be accredited for the Event.

Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute must inform the Organiser immediately on arrival at the venue and produce their coaching award certificate, and current British Gymnastics specific DBS.

Where there are specific rules and/or processes relating to withdrawals and substitutions please refer to the specific event page.

Non-Participation Fee

By entering a gymnast (individual/partnership/group) or a team (team events) into an event, the enterer accepts that, should any gymnast or team fail to register to compete by the end of registration for a competition, the appropriate fee for non-participation will be added to the club basket or in the case of regional entries, basket of the person making that entry.

Fees will be charged as follows:

£25 – Individual / Pair

£50 – Trio / Group / Team

Should a gymnast be withdrawn, for whatever reason, the club or coach must inform the Organiser and Events Department in writing via email or notifying a member of the events team at the registration desk up to the close of registration for the relevant session. Email addresses are listed in the Contact Information on page 6 of this Competition Handbook. Withdrawals will only be accepted via email.

Failure to inform the Events Team or the Organiser as laid out above will result in the non-participation fee being charged.

General Regulations

Terms & Conditions of Entry to All Competitions

In addition to British Gymnastics General Rules & Regulations –

- All entrants agree to be treated by British Gymnastics appointed medical staff only and be bound by the decision of British Gymnastics medical staff in relation to their ability to compete in the competition.
- By submitting an inquiry about a score awarded by the judges, you agree to pay a fee which will be added to the club/region basket.
- You agree to the storing of competition scores. If requested British Gymnastics will redact your details from the published results unless there is a justifiable reason to reject an objection to publication. 
- You agree to abide by the British Gymnastics Photography at Gymnastics events policy. 
- The person making the online entry on behalf of gymnast(s), a club or a region, undertakes to ensure that those who they are making an entry on behalf of are fully aware of and agree to abide by the contents of this handbook.
- By submitting an entry to a British Gymnastics event, you must ensure those individuals whose personal data you are providing may be used by British Gymnastics in relation to the event (this includes gymnasts and people who have parental responsibilities (where the gymnast is a child) coaches, judges and volunteers) are aware and would expect their information to be used, where necessary for pre-event and accreditation information, post event surveys and, where applicable to send out electronic certificates of participation which are sent to gymnasts via their email address registered on their membership account. Please refer to the British Gymnastics membership privacy notice available on our website for further details and information about individual rights 

Competition Attire

- **Gymnasts**

In order to make British Gymnastics' events more inclusive and accessible, a new policy has recently been approved by the Board, following consultation with the National Technical Committee and having adopted feedback received from the community.

In principle this policy overarches but should be read in conjunction with the discipline specific policies and references in the Codes of Points and other documents.

In essence the policy seeks to break down barriers to participation by for example removing gender specific requirements for competition attire. e.g. girls may now wear shorts or leggings.

These overarching principles may be found in the [Competition Attire at Events for Gymnasts Policy](#) 

The implementation of this policy will be monitored for the first year and reviewed accordingly, but coaches are encouraged to contact British Gymnastics office, or their respective Competition Organiser should they have any queries about the attire that they propose for their gymnast to wear at British Gymnastics events.

Advertising must adhere to the [Advertising on Clothing & Competition Attire at Events Policy](#) 

When representing your Club (excluding NDP Individual and Regional Team Finals – Home Nations only), the wearing of GBR or Home Country attire at British Gymnastics Events is strictly forbidden. For the avoidance of doubt, any inclusion of the Union Flag (or home nation flag) within the design of any leotard is expressly forbidden.

Strapping – a suitable colour of tape should be used, i.e. no bright colours or patterns

The removal of leotards on the field of play is not allowed.

- **Coaches**

Coaches must wear a tracksuit with full length tracksuit bottoms or full-length tracksuit bottoms with a collared polo shirt or club/regional t-shirt and appropriate gym/training shoes.

The wearing of GBR or Home Nation attire at British Gymnastics Events is strictly forbidden

Long hair should be braided or tied back so as not to obscure vision.

Coaches will not be allowed on the competition floor if wearing ANY jewellery. If it is impossible to remove items of jewellery they should be taped. Exceptions are as per [Health & Safety Guidance: Safe Coaching](#) 

- **Judges**

Male: Blazer or suit, trousers, white shirt, British Gymnastics/FIG or plain dark tie, black or blue shoes

Female: Blazer or jacket, skirt or full-length trousers, white blouse, black or blue shoes (without heels)

Recorders, computer operators and other officials who may be working alongside the judges should dress similarly.

Please refer to discipline specific rules in the [FIG General Judges' Rules 2022-2024](#) for further information. 

For gymnasts, coaches and judges, chewing gum is not allowed at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.

Music (where applicable)

All music for competition routines must be uploaded onto the GymNet portal at the latest one week before the competition date (see event page for specific time and date). If your gymnast does not require music, please tick the 'Music not required'.

Instructions for submitting music electronically may be found within the [Online Entry Guide](#) 


Coaches are advised to carry a backup copy of all music files (contained within an USB storage/flash drive) that can be used in the event of any technical issues with the music submitted. Each track on the USB drive must be in MP3 format and clearly labelled with the following format:

Gymnast Names -Club-Category-Routine

Late Music Submission (where applicable)

Late submission of music will attract a fee of £20.00 per gymnast/partnership/group/team. This fee will be added to the club basket. In the case of regional entries, the fee will be added to the basket of the person that has made the entry. Music not uploaded by the deadline cannot be guaranteed to be uploaded on the day.

Music Licensing (where applicable)

All music used in competition routines must conform to the relevant licensing requirements. Details may be found upon logging into the Club Hub Resources website and accessing the PPL/PRS page via the "Places" tab. 

Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used but this should be checked on the PPL website to confirm the track is included within their repertoire.

To check tracks, go to  and enter the artists name and title. Any music listed as part of the search can be used.

If the track is not included within the listed tracks the club must apply directly to Disney, Andrew Lloyd Webber, or Cirque du Soleil to use the track and pay the relevant licensing fees.

Order of Performance

The order of competing for individual events and team events shall be decided according to the competition arrangements made by the Organiser or such officials as may be authorised by the Technical Committee. For the purpose of maintaining a smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the Technical Committee reserve the right to alter the grouping of gymnasts and/or running order of performances as may be deemed necessary by the Organiser or authorised officials, up to the start of warm up.

Wherever practical the Organiser shall produce and circulate to all participating clubs a provisional start list and running order for an event at least 2 weeks before the day thereof.

Registration

Coaches must make adequate provision for the supervision of their gymnasts upon arrival at the venue. Gymnasts will not be allowed to register or begin warm up without their coach present.

Only register your Gymnast(s)/Club/Region when those competing in that section of the event have arrived at the event and intend to compete. Please inform the registration desk of any withdrawals as soon as possible.

During registration accreditation/passes will be issued. Abuse of accreditation/passes may result in disciplinary action taken by British Gymnastics.

Specific registration processes where appropriate can be found in the event work plan.

Access to Warm up Hall

Access to the warm up hall will be limited to the appropriate number of Coaches and Chaperones (where applicable) as defined in the specific details section for each Event.

On arrival, coaches will need to register and collect their accreditation from registration.

In the case of events spanning more than one day, accreditation will be issued for each day.

At larger national events the FIG/UEG recognised accreditation system will apply.

Abuse of accreditation may result in disciplinary action being taken by British Gymnastics.

Judges will not be allowed into the warm up hall, once the judges meeting has taken place.

Food and Drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies.

Babies and Young Children

In the interests of safety, for the smooth running and professional presentation of the events, babies and young children are not permitted to enter the warm up hall or field of play, even if they are being supervised by an adult.

Medical Provision

Anyone requiring First Aid assistance should speak to either the Organiser or British Gymnastics medical team. It is recommended that all coaches have a First Aid kit with them for minor injuries.

At all British Gymnastics Events an official medical team will be appointed and will be available to treat gymnasts who sustain an injury at the event. The medical team are not able to treat pre-existing or chronic injuries.

Any injury occurring during the official training or competition must be reported to the medical team, to ensure a record can be kept of treatment given and by whom.

The decision of the British Gymnastics appointed medical officer as to the gymnast's health, medical status, and their ability to compete at the event is absolute and final.

Medal Ceremonies

Except in exceptional circumstances, gymnasts who win a medal at a British Gymnastics Event are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person.

Medals will only be distributed at events, not by post.

Attire for medal ceremonies is according to FIG World Championships or European Gymnastics rules. 

Tenure of Trophies

All perpetual trophies remain the property of British Gymnastics.

Perpetual trophies are the responsibility of the winning club or region. The club or region are responsible for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the Organiser prior to the competition the following year by either; -

- Making arrangements for it to be delivered to the competition venue on the day.
- Returning it to the competition organiser at least one week prior to the competition.
- Returning it to the British Gymnastics offices at least one week prior to the competition.

Failure to do this or loss of a trophy will incur a cost to the individual / club.

Privacy

British Gymnastics Privacy Notice 

At many events, British Gymnastics may produce event merchandise (eg event tshirts). These may include the names and/or clubs of the gymnasts taking part.

Where competing gymnasts have a disability, it may be necessary to share the details of this disability with Performance staff and the Technical Committee in order to discuss if modifications to rules and processes are appropriate arising from this disability.

The scores, results and “Judgecam” videos from British Gymnastics events, where BGScore is present will be made available in the BGScore App and also published on the British Gymnastics website in the specific event page.

Video, Film and Photography

Photographs and video footage will be captured at British Gymnastics events.

British Gymnastics accredited photographers and the media may be present and in some cases events may be live streamed by the British Gymnastics TV production team, or broadcast partners. The images taken at events may be used by British Gymnastics, GEL and the British Gymnastics Foundation for the purposes of promotion, education and development of the sport.

They may also be shared with journalists, through social media outlets e.g. Facebook, Instagram, YouTube etc. and our third-party partner organisations for general promotional purposes.

Anyone who does not wish themselves or their child to be photographed/filmed at the event must advise the British Gymnastics Events Department or the Event Organiser. Although it is not always practical to manage the content of live streamed footage, we will make every effort to ensure any identifiable images of the participant are not published.

British Gymnastics will display clear signage and make announcements about photography and filming at relevant events. Any footage of children and individuals who are vulnerable will be published in accordance with our relevant safeguarding policy.

To make our events entertaining and easy to follow for our audience and fans, we announce and publish information about participants, including nationality, scores and achievements.



Videos of routines performed by participating gymnasts taking part in our major events are made available on the BG Score App and website but access is restricted to British Gymnastics members.

We delete event photographs and videos after five years unless we consider them to be of public interest and should consequently be archived for historical purposes. Where images have been published on social media, these platform providers may continue to process your data after the retention period has lapsed.

Any person wishing to use video, film or take photographs must abide by the [British Gymnastics Health Safety and Welfare Policy](#)



Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use, or publication in printed or electronic form, such as on websites.

Clubs may publish some photos but this may only be done in accordance with [British Gymnastics Photography Policy](#)  and in conjunction with the [British Gymnastics Safeguarding Policy and Health Safety & Welfare Policy](#) 

Flash photography may not be used at any time while gymnasts are warming up or competing.

Photography on the Field of Play by gymnasts, coaches and officials is not permitted.

If you have concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to the British Gymnastics appointed Welfare Officer at the event.

Health & Safety

The health, safety and welfare of all participants (gymnasts, coaches and officials) is the primary consideration.


All British Gymnastics policies and procedures will be rigorously applied with regards to health, safety, welfare and Safeguarding & Protecting Children.

Overnight Stays

Government legislation requires that when a club takes a gymnast(s) under the age of 18 years on a journey involving an overnight stay, the club must ensure that there is a designated trained person responsible for child protection on the trip. To adhere to the CPSU child protection standards this person must not be related to or in a relationship with the coach attending the trip.

The training for the designated person should be British Gymnastics recognised Safeguarding and Protecting Children award or Home Country equivalent. The appropriate criminal records checks should also have been completed.

For Overnight Trips the appropriate form needs to be completed in full and sent to British Gymnastics at least four weeks prior to travel so we can get your trip approved and endorsed by our insurers. Failure to inform British Gymnastics of any overnight stays may invalidate your insurance.


Please note that the British Gymnastics Membership Insurance does not cover Travel or Emergency Medical Expenses, we therefore recommend that where necessary you take out additional Travel Insurance. 

Drug Free Sport

The testing programme may affect any elite gymnast performing at a national standard.

Please follow the link to read the [British Gymnastics policy](#) 

Manipulation of Competition

British Gymnastics, as a sports organisation bound by the Olympic Charter and the International Olympic Committee Code of Ethics, declares our commitment to support the integrity of sport and fight against the manipulation of competitions by adhering to the standards set out in the Olympic Movement Code on the Prevention of the Manipulation of Competitions and by requiring their members to do likewise. Please follow the link to read the Prevention of Manipulation of Competitions Policy 

Trampoline and Tumbling Technical Information

Code of Conduct

[British Gymnastics National Technical Committee Code of Conduct](#) 

Trampoline Judges Code of Conduct



British Gymnastics, acting through the Board or its Committees, reserves the right to refuse any entry and disqualify an official, Judge, gymnast or team at any time, if they do not comply with British Gymnastics regulations.

Regional Representation

Gymnasts may only represent the Region in which their club is situated.

Gymnasts may only represent one Region/Club at any one time in a discipline eg TRA. Gymnasts can represent a different Region/Club in another discipline e.g. DMT.

Exceptional circumstances will be considered following written application to the TC.

Where Regional entries are made to a National Event, gymnasts and coaches must be selected according to the National rules **(no Regional variations are permitted)**

Where regional entries provide a pathway to national events coaches must be qualified according to the rules laid out in appendix 2 of the National Competition Handbook.

Age Policy

Gymnasts' ages for the purpose of entry to all age dependent categories will be taken as the age reached in the year of the competition.

The minimum age for entry to National British Gymnastics Events is 9 in the year of competition.

Year Born Eligibility for National Competitions 2023	
10 years born	2013
11 and 12 years born	2012 and 2011
13 and 14 years born	2010 and 2009
15 and 16 years born	2008 and 2007
17 to 21 years born	2006 to 2002
Senior born	2006 and before

*See age group relevant to each discipline in 2023 technical requirements.

To view the complete British Gymnastics age policy please view the [Health, Safety & Welfare Policy](#). 

Gymnasts must compete in their age group. At FIG Level, gymnasts have the option at age 17 to compete in the 17-21 age group or in the Senior category, subject to them being able to meet the minimum criteria for that age group.

Competition Apparatus

For British Gymnastics Events, the following competition apparatus will be used:

- Trampoline: Eurotramp Ultimate 4x4 - Supplied by Gymaid
- Double Mini-Trampoline: Eurotramp Ultimate 6x6 – Supplied by Gymaid
- Tumbling: Skakoun Original (10m run up, 25m track, 6m landing zone) – Supplied by Gymnova

For Club and Regional Qualifying Events, alternative equipment may be used.


For Club and Regional Qualifying Events, the current half inch Double Mini-Trampoline or Ultimate 6x6 DMT may be used.

Competition cards

It is the coach's responsibility to ensure that the Competition cards are completed correctly and submitted at registration

All Disciplines:

- Trampoline and DMT

A trampoline competition card template is available from the downloads section on the [British Gymnastics website](#) 

Competition cards must be submitted to the Registration Desk on arrival at the competition and prior to the start of warm up.

Competition cards should be completed in FIG notation only.

Where a level of competition has required elements, these should be marked with asterisks prior to the card being submitted. Likewise, all elements that require a difficulty mark should be identified before the card can be accepted.

Competition cards will be required at all British Gymnastics national events

All cards must be signed by the appropriately qualified Supervising Coach in order to be valid.

Competitors may not compete without a valid competition card.

Competition cards are required for all gymnasts in disability groups.

- **Tumbling**

Competition cards are required at all British Gymnastics national events. For the Inter-Regional Challenge Cup Final, competition cards will be required for Level 4 only.

Competition cards must be submitted at Registration Desk on arrival at the competition and prior to the start of warm up.

Competition cards should be completed in FIG notation only.

Competitors may not compete without a valid competition card.

All cards must be signed by the appropriately qualified Supervising Coach in order to be valid.

Competition cards are required for all gymnasts in disability groups.

Inquiries

An inquiry is only applicable when British Gymnastics Score is being used to facilitate video feedback.

A coach may only inquire about the D score (and ToF, Machine HD or Machine Synchro for TRA).

Inquiries can be made only for the Club/Region's own Gymnasts.

No inquiries can be made about Execution scores, or other penalties.

Inquiry forms will be published in each event workplan.

A coach should register a verbal intention to inquire by approaching the CJP and/or Superior Jury within 2 minutes of the relevant score's publication.

Thereafter, official NTTC inquiry forms must be completed and returned to the Superior Jury within 5 minutes of the initial verbal inquiry. Forms can be obtained from the CJP, Panel Manager or Superior Jury.

The Supervising Coach for the Club/Region of the competing gymnasts places the appeal form with the Superior Jury.

The placement of an inquiry form becomes a contract to pay the appropriate fee if the inquiry is not upheld.


- First inquiry: £25
- Second inquiry: £50
- Third and subsequent inquiries: £75

This fee will not be collected in cash at the event, but added to the basket of the club/coach concerned.

If a resolution cannot be made before the start time of the next competitors' exercise, the calculated mark will be listed as 'provisional' and will be considered at the end of the competition session and before any award ceremony.

To decide an inquiry, the Superior Jury will review the official video replay system **only**. No other video or photographic evidence can be considered. In the cases of uncertainty, benefit of the doubt will be awarded to the gymnast.

Provision of Officials

The Events Team, in accordance with the Expenditure Guidelines for Technical Committees, Judges & Officials, will book the accommodation for judges and officials appointed by the National Judging Co-ordinators and National Competition Organisers centrally .

Clubs will no longer be required to nominate judges and officials as part of their online entry for any of the National Competitions. Judges will be selected by the National Judging Co-ordinator, and we will endeavour to confirm selection 4 weeks prior to each event.

NB: Recruitment for the Inter-Regional Challenge Cup Final will be as detailed above. We will endeavour to select judges from across all regions. A contribution of £400 from each region towards the costs for Judges for this event will be added to the online entry.

The following is a breakdown of the minimum level of Judge qualification required for each event:

Competition	Trampoline	Tumbling	Double Mini Tramp
Inter-Regional Challenge Cup Final	County	Regional	Club Judge
British Championships	National & FIG Brevet	National & FIG Brevet	National & FIG Brevet
National Age Group Competition	National & FIG Brevet	National & FIG Brevet	National & FIG Brevet

National Age Group Competition

Date: 2nd – 4th June

Venue: International Centre, Telford

Opening date: 10th March

Closing date: Noon 21st April

Disciplines:

- Individual Trampoline
- Double Mini-Trampoline
- Tumbling
- Synchronised Trampoline
- Disability Individual Trampoline
- Disability Individual DMT

Entry fee:



- £55.00 per gymnast for first discipline entered
- £20.00 per gymnast for each additional discipline entered
- Entry fees may increase in line with inflation
- Trampoline, Tumbling & DMT - entries to the National Age Group Competition should be made by the individual clubs

Code:


Trampoline:

- [FIG Trampoline 2022-2024 Code of Points](#) 
- [Trampoline Technical Requirements](#) 

Double Mini-Trampoline:

- [FIG Double Mini-Trampoline 2022-2024 Code of Points](#) 
- [Double Mini-Trampoline Technical Requirements](#) 

Tumbling:

- [FIG Tumbling 2022-2024 Code of Points](#) 
- [Tumbling Technical Requirements](#) 

Eligibility:


- The Gymnast should be able to safely perform the exercises and meet the minimum criteria required for this level. The coach and gymnast can select which level the gymnast starts the 2023 season, but should be mindful that they cannot change levels during that competitive year.
- If in the opinion of the NTTC a gymnast has been entered into a category that they consider unsafe, then the gymnast maybe withdrawn from that and future competitions at that level.
- Coaches have a duty of care towards their performers and have a responsibility to ensure that they are both qualified and competent to teach at the appropriate level, as well as ensuring that the gymnast is adequately prepared physically and psychologically for performing their exercises in a competition situation.

Competitions:

- Competitions will be offered:

TRA	DMT	TUM
10 yrs for Women & Men	10 yrs for Women & Men	10 yrs for Women & Men
11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
13-14 yrs for Women & Men	13-14 yrs for Women & Men	13-14 yrs for Women & Men
15-16 yrs for Women & Men	15-16 yrs for Women & Men	15-16 yrs for Women & Men
17-21 yrs for Women & Men	17-21 yrs for Women & Men	17-21 yrs for Women & Men
Senior for Women and Men	Senior for Women and Men	Senior for Women and Men
Synchro Youth (10-12yrs) for Women & Men Junior (13-16yrs) for Women & Men Senior (17+yrs) for Women & Men		
Disabilities Cat 1 Women & Men 9-14yrs Cat 1 Women & Men 15+	Disabilities Cat 1 Women & Men 9-14yrs Cat 1 Women & Men 15+	
Disabilities Cat 2 Women & Men 9-14yrs Cat 2 Women & Men 15+	Disabilities Cat 2 Women & Men 9-14yrs Cat 2 Women & Men 15+	

Coach Qualification and Passes:


- Please see Appendix 2 for the minimum level of coaching qualification required by Lead Coaches.
- Please follow the link to check equivalent levels of qualifications from [previous cycles](#) .

The lead coach/supervising coach must have the relevant qualifications and British Gymnastics membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Number of Gymnasts	Coaches
TRA & TUM	
1-4	3
5-8	4
9+	5
DMT	3
Additional coaches for Disabilities disciplines	3 max

Additional accreditations may be granted by TC on request prior to the start of the event.

Tie Breaks:

- Tie-break rules TRA, DMT & TUM as per the [FIG Technical Regulations 2022-2024](#) .

Awards:

- Gold, Silver and Bronze medals will be awarded in each competition within each Level, Age Group and gender.

Inter-Regional Challenge Cup Final

Date: 22nd - 24th September
Venue: Utilita Arena, Birmingham
Opening date: 30th June
Closing date: Noon 11th August

Disciplines:

- Individual Trampoline
- Double Mini-Trampoline
- Tumbling
- Disabilities Trampoline & DMT

Membership requirements:

- Gymnasts are required to have Competitive Gymnast Membership when entering their regional events.

Entry Fee:



- £400 regional entry fee
- £55.00 per gymnast for first discipline entered
- £20.00 per gymnast for each additional discipline entered
- Entry fees may increase in line with inflation
- All entries to the Inter-Regional Challenge Cup Final should be made by the Regions

Competition & Qualification Process:

- For extra information regarding this competition please read Appendix 3 on page 39 and 40

Code:



Trampoline:

- [FIG Trampoline 2022-2024 Code of Points](#) 
- Trampoline Domestic Technical Requirements 

Double Mini-Trampoline:

- [FIG Double Mini-Trampoline 2022-2024 Code of Points](#) 
- Double Mini-Trampoline Domestic Technical Requirements 

Tumbling:

- [FIG Tumbling 2022-2024 Code of Points](#) 
- Tumbling Domestic Technical Requirements 

Eligibility: As per [FIG Technical Regulations 2022-2024](#) 

Competitions:

Competitions will be offered for:

	Trampoline	Double Mini-Trampoline	Tumbling
Level 1	9-10 yrs for Women & Men	9-12 yrs for Women & Men	Under 13yrs for Women & Men
	11-12 yrs for Women & Men	13+ yrs for Women & Men	Over 13yrs for Women & Men
	13-17 yrs for Women & Men		
Level 2	9-10 yrs for Women & Men	9-10 yrs for Women & Men	10-12 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	13-14 yrs for Women & Men
	13-14 yrs for Women & Men	13+ yrs for Women & Men	15+ yrs for Women & Men
	15+ yrs for Women & Men		
Level 3	9-10 yrs for Women & Men	13-14 yrs for Women & Men	Under 15yrs for Women & Men
	11-12 yrs for Women & Men	15-16 yrs for Women & Men	15+ yrs for Women & Men
	13-14 yrs for Women & Men	17+ yrs for Women & Men	
	15+ yrs for Women & Men		
Level 4	10 yrs for Women & Men	9-10 yrs for Women & Men	9-10 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
	13-14 yrs for Women & Men	13-14 yrs for Women & Men	13-14 yrs for Women & Men
	15-16 yrs for Women & Men	15+ yrs for Women & Men	15+ yrs for Women & Men
	17+ yrs for Women & Men		
DIS Level 1 & 2	Category 1 for Women & Men 9-14yrs	Category 1 for Women & Men 9-14yrs	
	Category 1 for Women & Men 15+	Category 1 for Women & Men 15+	
	Category 2 for Women & Men 9-14yrs	Category 2 for Women & Men 9-14yrs	
	Category 2 for Women & Men 15+	Category 2 for Women & Men 15+	

There will also be a team competition for:

- Trampoline
- Double Mini-Tramp
- Tumbling

Points will be awarded within each discipline at each level, at each age group and in each gender as follows :8 points awarded to 1st place

7 points awarded to 2nd place

6 points awarded to 3rd place

5 points awarded to 4th place

4 points awarded to 5th place


3 points awarded to 6th place

2 points awarded to 7th place

1 point awarded to 8th place

The points for all results will be added together and regions ranked according to the total in each discipline to give the respective team results. DIS points will be added to the regions' Discipline totals ie. DIS TRA added to TRA, and DIS DMT added to DMT. There will not be a separate trophy for DIS.

Coach Qualification and Passes:

- Please see Appendix 2 for the minimum level of coaching qualification required by Lead Coaches.
- Please follow the link to check equivalent levels of qualifications from previous cycles 
- The Team Manager and Chaperone will be authorised to access the warm-up hall and will not be able to access the field of play. If you have gymnasts in the Disability competition who require a chaperone on the Field of Play, please contact us and confirm the name(s) of the gymnasts and we will issue accreditation accordingly.

The lead coach/supervising coach must have the relevant qualifications and British Gymnastics membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Maximum team official accreditations (excluding judges):

Discipline	Coaches	Team Manager	Chaperones
TRA & TUM	8	1	2
DMT	6		

Tie Breaks:

- In the team competition if a tie remains within any competition after the tie breaking rules have been applied, the tied gymnasts will receive the same number of points towards the team competition and the next rank(s) will be skipped.
- In the team competition if there is a tie in the total number of points, the tie will be broken by counting back from the oldest age category at Level 4 (combined points for men and women) to find the highest scoring region.
- Ties will not be broken in the Individual Competition

Awards:

- Individual Gold, Silver and Bronze medals will be awarded in each competition within each age group and for each gender.
- A trophy will be awarded to the winning region within each discipline in the team competition.

Medal Ceremony Attire:

- Competition Attire or Regional tracksuits/t shirts and tracksuit bottoms/leggings

British Championships

Date:	15 th – 17 th September
Venue:	Utilita Arena, Birmingham
Opening date:	23 rd June
Closing date:	Noon 4 th August

Disciplines:

- Individual Trampoline
- Double Mini-Tramp
- Tumbling
- Synchronised Trampoline
- Disability Individual Trampoline

Entry Fee:



- £70.00 per gymnast for first discipline entered
- £20.00 per gymnast for each additional discipline entered
- Entry fees may increase in line with inflation
- Trampoline, Tumbling & DMT - entries to the British Championships should be made by the individual clubs

Nationality:



- Gymnasts of foreign nationality or who hold an FIG license for another member federation must ensure that their nationality is declared on their membership record in order for them to be identified as guests.

Code:

Trampoline:

- [FIG Trampoline 2022-2024 Code of Points](#) 
- Trampoline Domestic Technical Requirements 

Double Mini-Trampoline:

- [FIG Double Mini-Trampoline 2022-2024 Code of Points](#) 
- Double Mini-Trampoline Technical Requirements 

Tumbling:

- [FIG Tumbling 2022-2024 Code of Points](#) 
- Tumbling Domestic Technical Requirements 

Competition format:

Trampoline (individual) FIG Levels:


- The number of qualifiers for the British Championships will be communicated 4 weeks after the NAGC.
- The NTTC in agreement with the Performance Team may utilise unallocated places to offer automatic entry to the British Championships which reflect the long-term direction and aims of the TRA Performance Programme.

Competitions:

- Competitions will be offered for:

Trampoline (Individual & Synchro)	Double Mini-Tramp	Tumbling
Youth (10-12)	Youth (10-12)	Youth (10-12)
Junior (13-16)	Junior (13-16)	Junior (13-16)
Senior (17+)	Senior (17+)	Senior (17+)
<i>Individual TRA only</i> Cat 1 Women & Men 9-14yrs Cat 1 Women & Men 15+ Cat 2 Women & Men 9-14yrs Cat 2 Women & Men 15+		

Coach Qualification and Passes:

- Please see Appendix 2 for the minimum level of coaching qualification required by Lead Coaches.
- Please follow the link to check equivalent levels of qualifications from previous cycles .

The lead coach/supervising coach must have the relevant qualifications and British Gymnastics membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Coach Accreditations (per club):

Number of Gymnasts	Coaches
TRA & TUM	
1-4	2
5-8	3
9+	5
DMT	3
Additional coaches for Disabilities disciplines	3 max

Additional accreditations may be granted by TC on request prior to the start of the event.

Tie Breaks:

Tie-break rules TRA, DMT & TUM as per the [FIG Technical Regulations 2022-2024](#) .

Awards:

- Gold, Silver and Bronze medals will be awarded in each competition within each level, age group and gender.
- Additionally, glass trophies will be awarded to the winners and their coaches in the Senior sections only.
- British Champions will be declared in each competition within each age group and for each gender.

Paul Luxon Trophies

Paul Luxon Trophy – Junior 13-16yrs (A glass trophy will also be awarded)

The Paul Luxon trophy is awarded to the gymnast with the highest total execution score and horizontal displacement score added together in the preliminary (qualification) competition. This trophy is for Trampoline gymnasts in the 13-16yrs category, irrespective of gender.

Paul Luxon Trophy – Senior 17+yrs (A glass trophy will also be awarded)

The Paul Luxon trophy is awarded to the gymnast with the highest total execution score and horizontal displacement score added together in the preliminary (qualification) competitions. This trophy is for Trampoline gymnasts 17+ years of age, irrespective of gender.

In the event of a tie, the tied gymnasts will share the trophy for an equal duration throughout the year

Guests are not eligible to be considered for these trophies.

Chris Fordham Trophy (A glass trophy will also be awarded)

The Chris Fordham trophy is awarded to the gymnast with the highest total execution score in the preliminary (qualification Q1) competitions. This trophy is calculated across the Junior and Senior DMT competition categories, irrespective of gender.

In the event of a tie, the tied gymnasts will share the trophy for an equal duration throughout the year.

Guests are not eligible to be considered for these trophies.

Appendices

Appendix 1 – Home Nations, English Regions & Island Associations

Home Countries

England	www.british-gymnastics.org/england
Scotland	www.scottishgymnastics.org
Wales	www.welshgymnastics.org
Northern Ireland	www.british-gymnastics.org/northern-ireland

Website Address

English Regions

North	www.british-gymnastics.org/north
North West	www.nwga.co.uk
Yorkshire	www.british-gymnastics.org/yorkshire
West Midlands	www.british-gymnastics.org/west-midlands
East Midlands	www.british-gymnastics.org/east-midlands
East	www.british-gymnastics.org/east
London	www.british-gymnastics.org/london
South East	www.british-gymnastics.org/south-east
South	www.british-gymnastics.org/south
South West	www.british-gymnastics.org/south-west

Island Associations

Isle of Man Gymnastics	www.iomgymnastics.org
------------------------	------------------------------------------------------------------

Appendix 2- Coaching

TRAMPOLINE (INDIVIDUAL)

Competition	Minimum Coaching Requirement
9-10 Women & Men	Level 2 + L3M1
11-12 Women & Men	Level 2 + L3M2
13-14 Women	Level 2 + L3M3
13-14 Men	Level 2 + L3M4
15-16 Women & Men	Level 2 + L3M4
17-21 Women	Level 2 + L3M4
17-21 Men	PC
Senior Women	PC
Senior Men	PC

The minimum coaching qualification for RCC Level 1 minimum is Level 2

The minimum coaching qualification for RCC Levels 2 & 3, is Level 2

The minimum coaching qualification for RCC Level 4, age 10yrs is Level 2

The minimum coaching qualification for RCC Level 4 age 11-12yrs is Level 2 + L3M1

The minimum coaching qualification for RCC 13-14yrs, 15-16yrs, 17+yrs is Level 3M2

Coaches who are used to push mats must be qualified to at least a level 2.

For Synchro, the minimum coaching qualification required will be based on the requirement for the oldest gymnast as stated in the table above.

For Disabilities TRA – the minimum coaching qualification required is Level 2.

Coaches do not need a Disability Add On Module to enter Trampoline Gymnasts into a disability competition.

TUMBLING

Level	Competition	Minimum Coaching Requirement
RCC Level 1	Under 13yrs Women & Men	Tum UKCC Level 2
	Over 13yrs Women & Men	Tum UKCC Level 2
RCC Level 2		
	10-12 yrs Women & Men	Tum UKCC Level 2
	13-14 yrs Women & Men	Tum UKCC Level 3M1
	15+ yrs Women & Men	Tum UKCC Level 3M1
RCC Level 3		
	Under 15yrs Women & Men	Tum UKCC Level 3M1
	Over 15yrs Women & Men	Tum UKCC Level 3M1
RCC Level 4	9-10 yrs Women & Men	Tum UKCC Level 2
	11-12 yrs Women & Men	Tum UKCC Level 2
	13-14yrs Women & Men	Tum UKCC Level 2
	15+yrs Women & Men	Tum UKCC Level 2 Women, Level 3M1 Men
FIG Level	10 yrs Women & Men	Tum UKCC Level 2
	11-12 yrs Women & Men	Tum L3 Module 1
	13-14 yrs Women & Men	Tum L3 Module 1
	15-16 yrs Women & men	Tum L3 Module 1
	17-21 yrs Women & Men	Tum L3 Module 1
	Senior Women & Men	Tum L3 Module 1

DOUBLE MINI-TRAMPOLINE

Level	Competition	Minimum Coaching Requirement
FIG Level	10 Women & Men	Senior
	11-12 Women & Men	Senior
	13-14 Women & Men	Senior
	15-16 Men	Senior
	15-16 Women	Senior
	17-21 Men	HPC
	17-21 Women	Senior
	Senior Women	Senior
	Senior Men	HPC

The minimum coaching qualification for RCC Levels 1, & 2 is Club Coach

The minimum coaching qualification for RCC Levels 3, 13-14yrs is Club Coach

The minimum coaching qualification for RCC Level 3, 15-16yrs and 17+yrs is Senior Coach

The minimum coaching qualification for RCC Level 4, 9-10yrs is Club Coach

The minimum coaching qualification for RCC Level 4, 11-12yrs, 13-14yrs & 15+yrs is Senior Coach

Appendix 3 – Inter-Regional Challenge Cup Final Information

Each region is required to enter the following gymnasts into the competition, before the entry deadline (11th August at noon) and via the online entry system

- Top 2 gymnasts per category, discipline, and gender. For Level 4, please see Technical Regulations.
- TRA Disability Top 2 gymnasts per category and gender
- DMT Disability Top 2 gymnasts per category and gender

Each region will be allocated the following accreditations:

- 1 x Team Manager - Please confirm the name by email to Carys Rowlands (carys.rowlands@british-gymnastics.org) by **11th August**
- 2 x Chaperones - Please confirm the name by email to Carys Rowlands (carys.rowlands@british-gymnastics.org) by **11th August**
- 8 x Trampoline Coaches - 4 x Warm-up / 4 x Field of Play – enter via the on-line entry system, ensuring they are assigned to the correct competition category
- 8 x Tumbling Coaches - 4 x Warm-up / 4 x Field of Play – enter via the on-line entry system, ensuring they are assigned to the correct competition category
- 6 x DMT Coaches - 3 x Warm-up / 3 x Field of Play – enter via the on-line entry system, ensuring they are assigned to the correct competition category

NB: The Team Manager and Chaperone will be authorised to access the warm-up hall and will not be able to access the field of play. If you have gymnasts in the Disability competition who require a chaperone on the Field of Play, please contact Carys Rowlands (carys.rowlands@british-gymnastics.org) and confirm the name(s) of the gymnasts and we will issue accreditation accordingly.

After the entry deadline has passed, if regions need to make a change to a gymnast, coach or officials, this must be submitted in writing to British Gymnastics, Events Department. Changes will only be accepted by the nominated Regional Organiser (listed below). Changes will not be accepted from any other people:

Region	Trampoline & DMT	Tumbling
North	Adam Rear	Shelly Walton
North West	Wendy Skelthorne	Paul Cannon
Yorkshire	Andrew Sissons	Nicky Fox
West Midlands	Stacey Christopherson	Rob Owen
East Midlands	Clive Morgan	
East	Nicki Weller	Janine Musson
London	Andrew Freeman	Andrew Payne
South East	Martin Laws	Rob Ingram
South	Elizabeth Scales	Alan Lavelle
South West	Nicky Allen	Mark Pocock
Wales	Maria Gaynor	
Scotland	Becky Harris	
Northern Ireland	Simon Flannery	

- Judges – Any Judges within your region who have not already submitted their availability for the competition, please contact Carys Rowlands ASAP (carys.rowlands@british-gymnastics.org)

- Regional Fee – Please confirm to Carys Rowlands (carys.rowlands@british-gymnastics.org) the details of who will be responsible for paying the Regional Fee of £400 by 11th August. Upon receipt of this information the fee will be added to the individual's basket and notified to make payment.